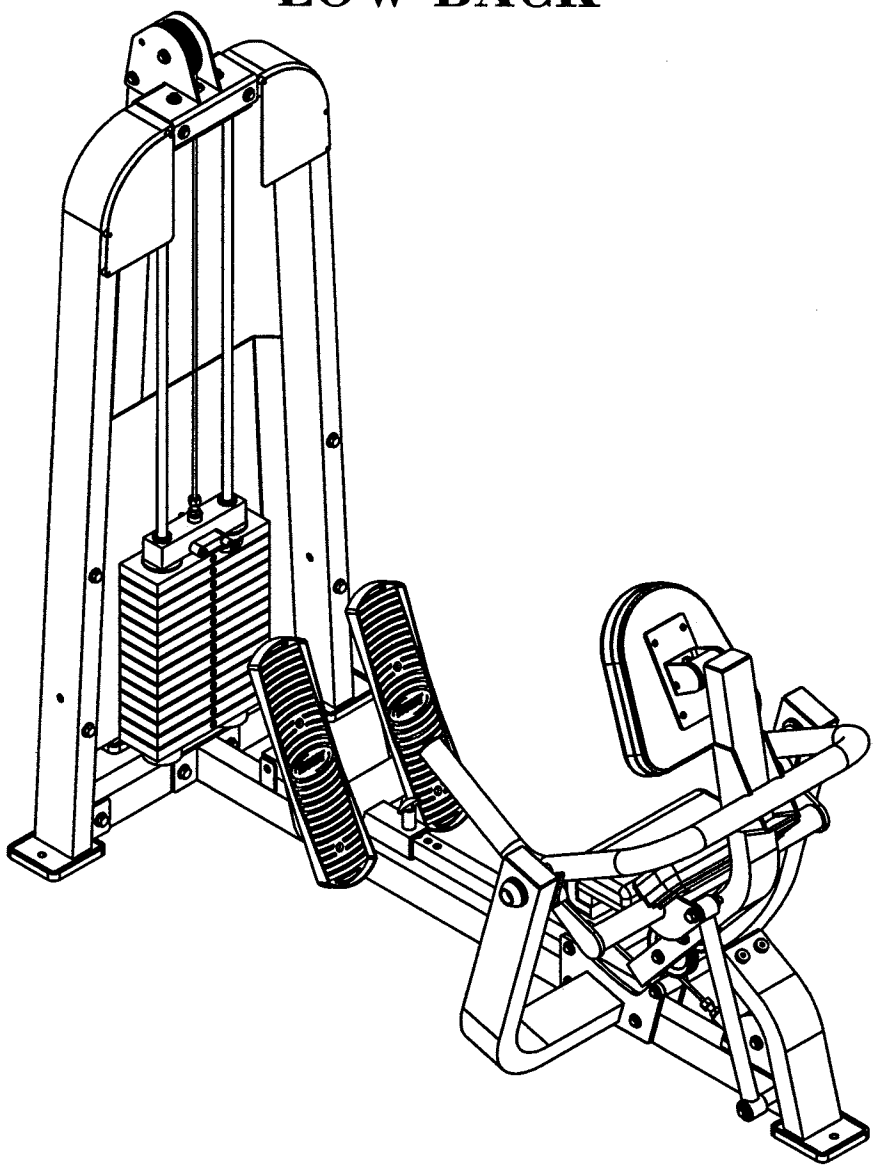
OWNERS MANUAL

HOIST®
FITNESS SYSTEMS

HS1225
LOW BACK



August, 2003

Note: Both Serial Number and Model Number are Required when Ordering Parts

RECORD SERIAL NUMBER HERE

Customer Service
(800) 548-5438
(858) 578-7676
Fax
(858) 578-9558

OWNERS MANUAL

CONTENTS

INSTRUCTIONS (Step 1)..... 2

FRAME ASSEMBLY (Step 2)..... 4

PRE-ASSEMBLY..... 23

PART LISTING..... 25

HARDWARE LISTING..... 26

ABBREVIATION LISTING..... 27

BOLT SIZING CHART..... 28

WASHER SIZING CHART..... 30

WEIGHT RATIOS..... 32

WEIGHT TRAINING TIPS..... 34

WEIGHT TRAINING LOG..... 36

DECAL PLACEMENTS..... 38

MAINTENANCE SCHEDULE..... 42

GENERAL MAINTENANCE INFORMATION..... 43

LIMITED WARRANTY..... 45

Step 1

INSTRUCTIONS

Before beginning assembly please take the time to read the instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use the part number and description from the lists. Use only Hoist replacement parts when servicing. Failure to do so will void your warranty and could result in personal injury.

Hoist equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems. first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized Hoist dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

TOOLS REQUIRED

Socket Wrench

9/16" and 3/4" Sockets

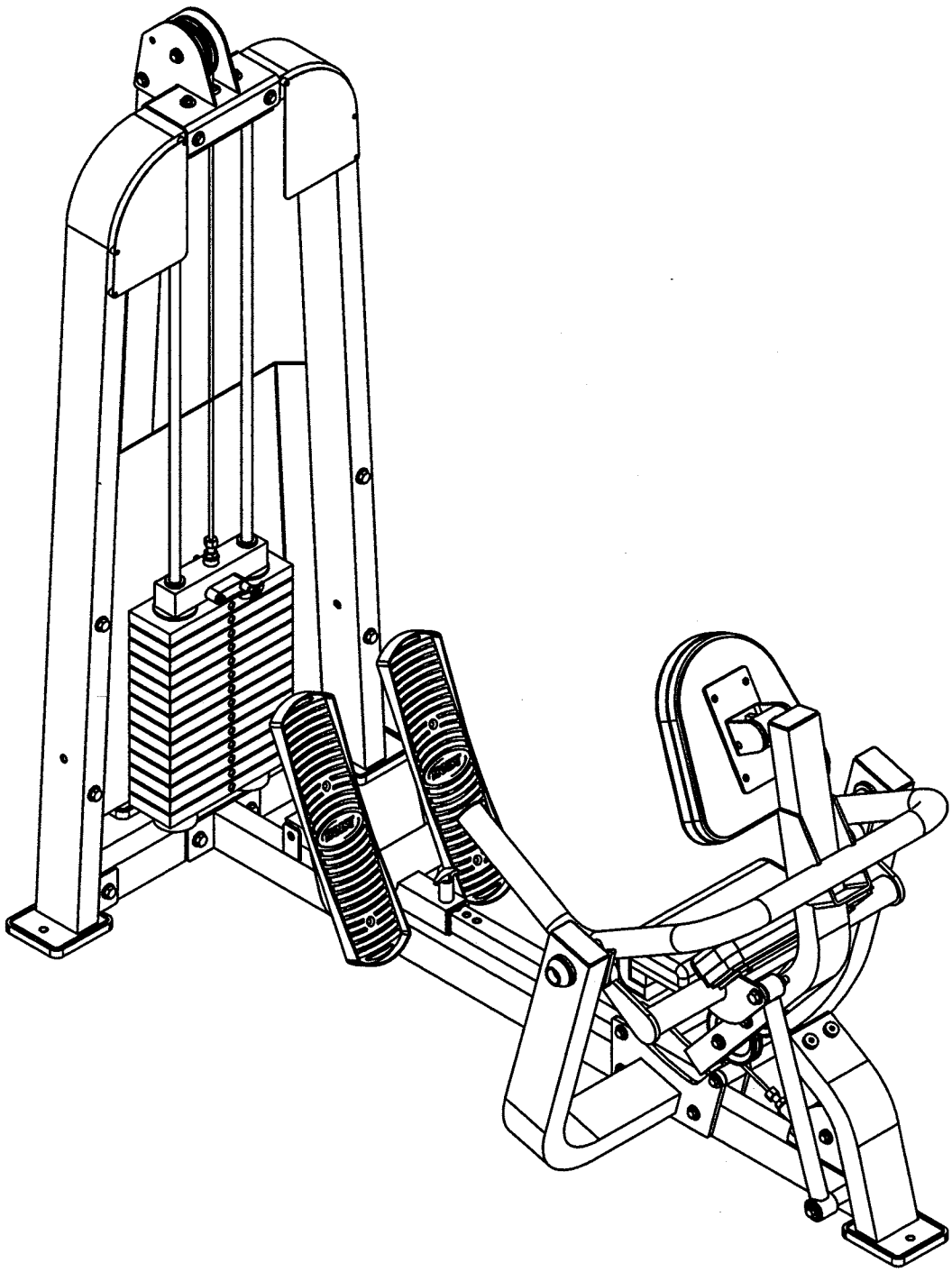
Crescent Wrench

Rubber Mallet

Tape Measure

OWNERS MANUAL

Step 2
FRAME ASSEMBLY



Step 2a

FRAME ASSEMBLY

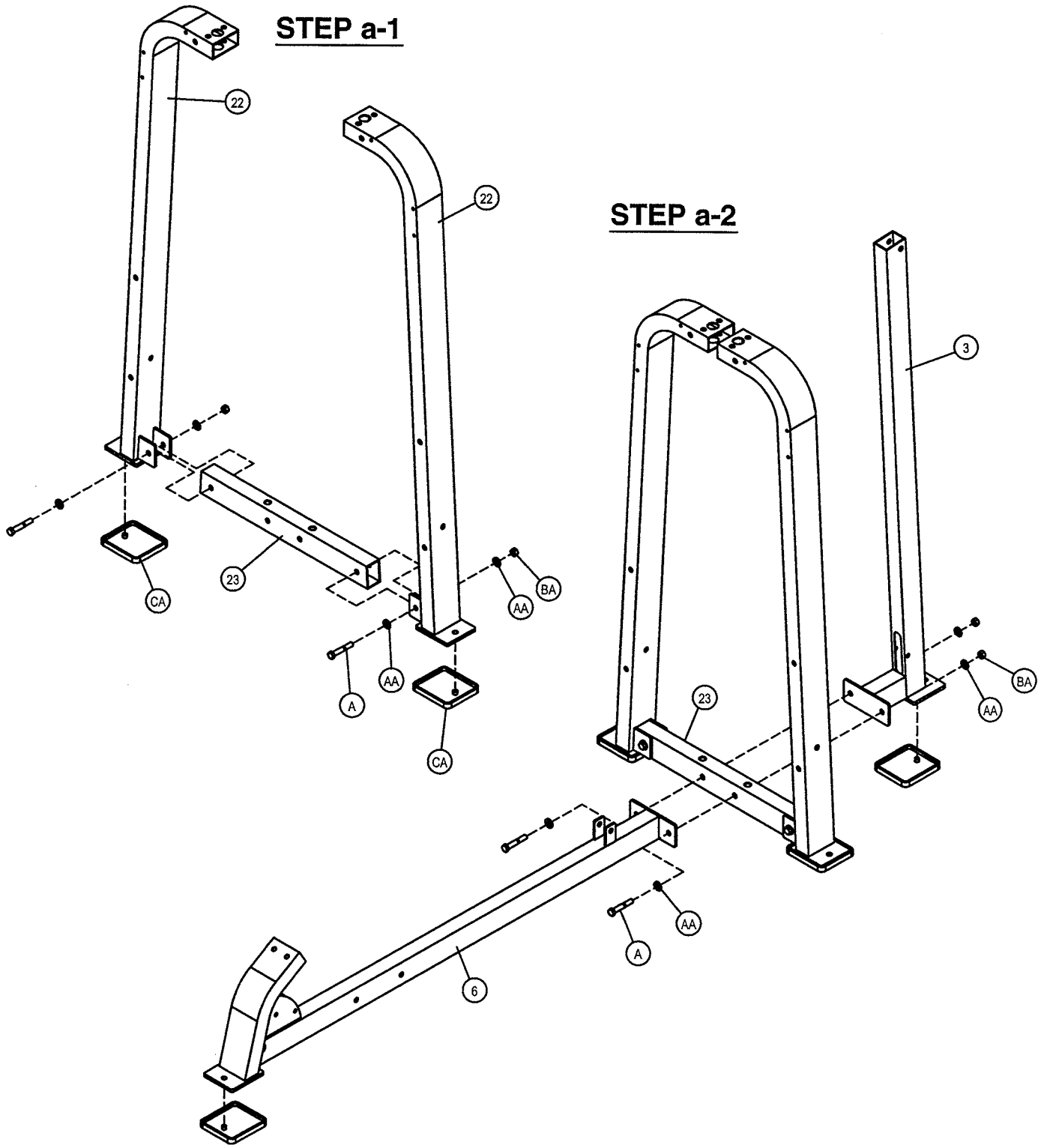
In step a-1 start assembly by bolting (22)'s to (23). *Wrench tighten bolts*. In step a-2, bolt (3) and (6) to (23). *Wrench tighten bolts*. Lift machine up to position (CA)'s.

Part Descriptions

3 - Rear Upright Assembly
6 - Main Base Assembly
22 - Weight frame Upright
23 - Cross Brace Assembly

Hardware Descriptions

A - 1/2-13UNC x 3" HHB (WZ)
AA - 1/2" SAE Flat Washer (WZ)
BA - 1/2" Nylok Nut (WZ)
CA - Rubber Foot Plate


STEP a-1
22
22
23
CA
AA
BA
A
AA
CA
STEP a-2
3
23
BA
AA
AA
A
6

Step 2b

FRAME ASSEMBLY

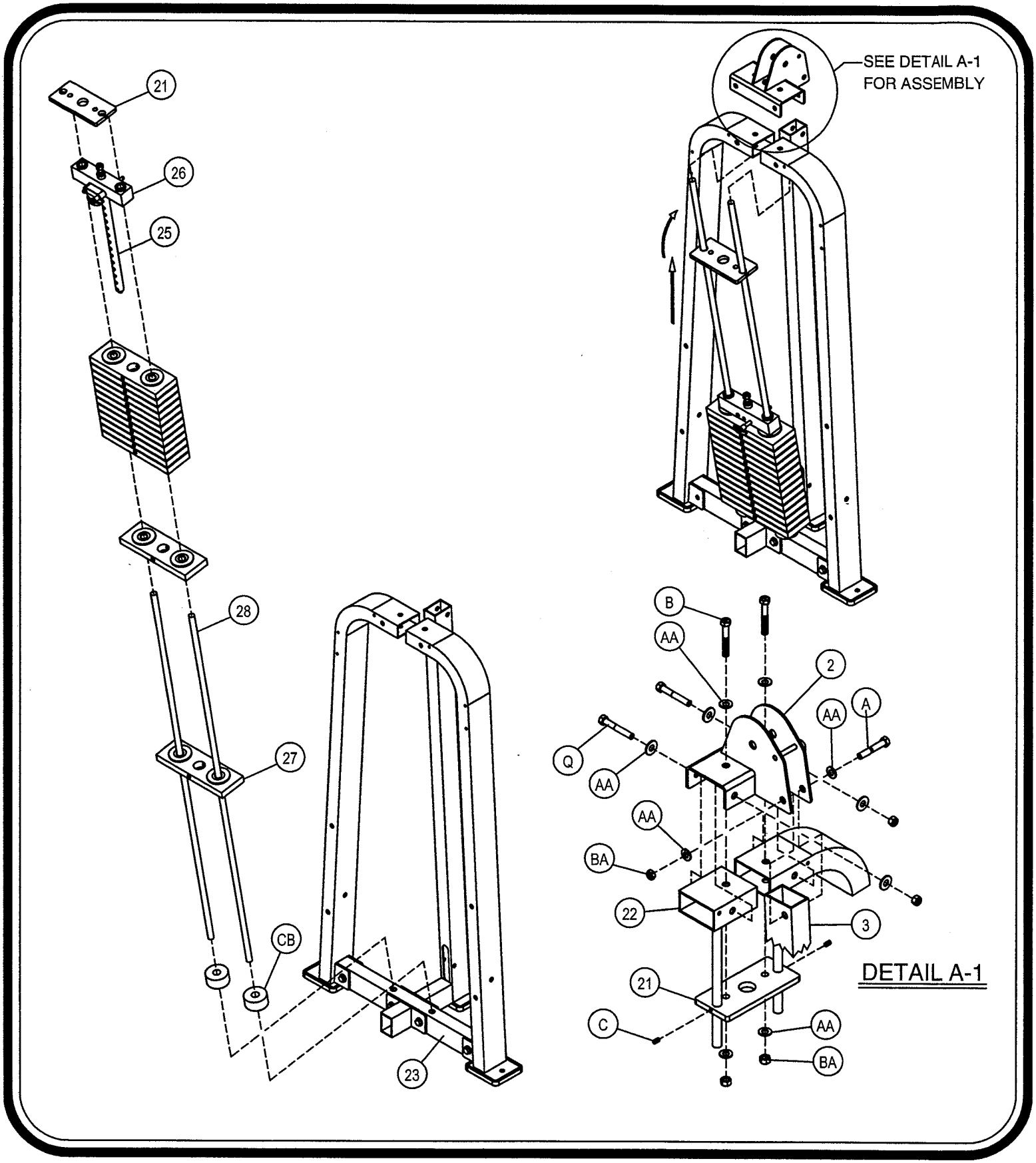
Start by sliding both (28)'s through both (CB)'s and slide (28)'s into (23). Tilt both (28)'s forward enough to allow room to slide the weights on. Next Slide all (27)'s, (25)/(26), and (21) onto both (28)'s. Tilt (28)'s back to vertical position. At the same time slide (21) up and attach (2) to (22)'s as shown in detail A-1. *Wrench tighten bolts*.

Part Descriptions

2 - Top Weight Mount Assembly
3 - Rear Upright Assembly
21 - Guide Rod Top Mount
23 - Cross Brace Assembly
25 - 16 Hole Weight Stem
26 - 8.25 lbs. Top Weight
27 - 12.50 lbs. Intermediate Weight Plate
28 - Ø0.75" x 60.69" Guide Rod

Hardware Descriptions

A - 1/2-13UNC x 3" HHB (WZ)
B - 1/2-13UNC x 3 1/4" HHB (WZ)
C - 5/16-18 x 5 1/6 Socket Set Screw (BZ)
Q - 1/2-13UNC x 4 3/4" HHB (WZ)
AA - 1/2" SAE Flat Washer (WZ)
BA - 1/2" Nylok Nut (WZ)


21
26
25
28
27
CB
23
SEE DETAIL A-1
FOR ASSEMBLY
B
AA
2
AA
A
Q
AA
AA
BA
22
3
21
C
AA
BA
DETAIL A-1

Step 2c

FRAME ASSEMBLY

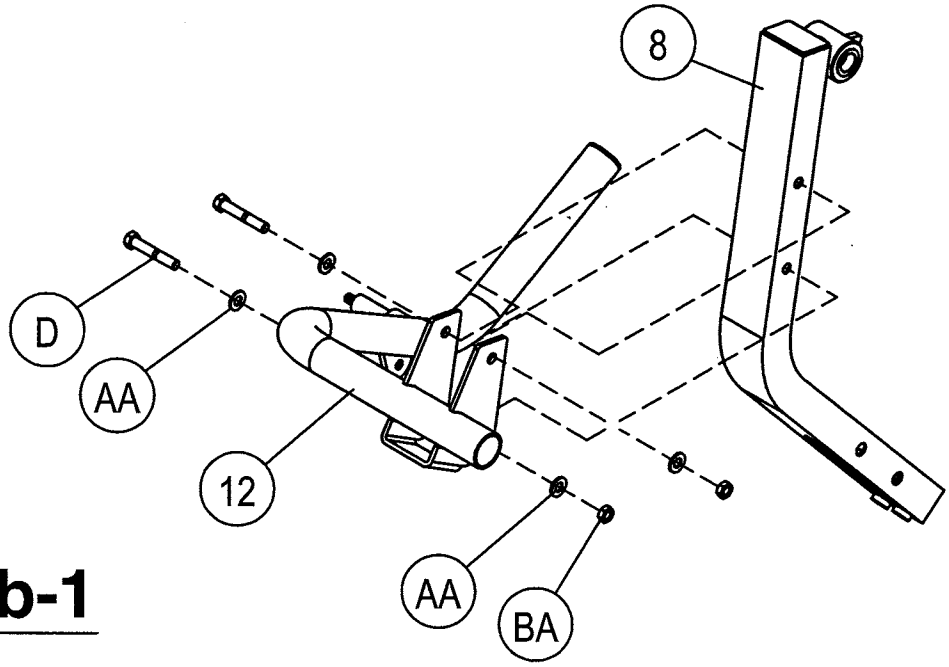
In step b-1, start by attaching (8) to (12). *Wrench tighten bolts*. In step b-2, slide (18)'s into both sides of (9) and attach (9) to (12) as shown. Wrench tighten bolts then back nut off enough so (9) pivots freely.

Part Descriptions

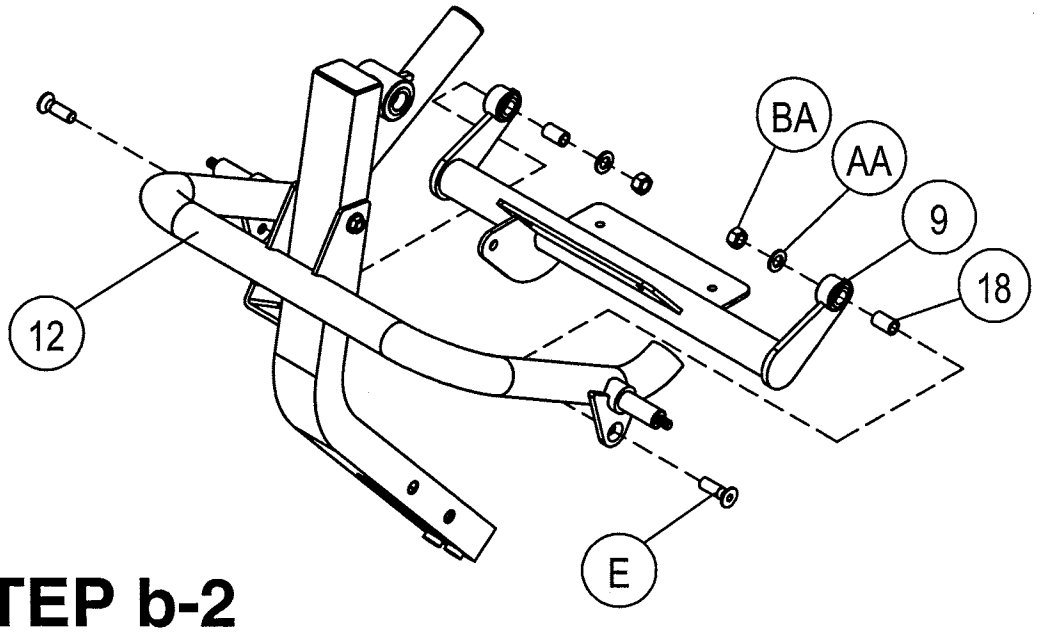
8 - Upright Back Assembly
9 - Seat Assembly
12 - Movement Arm Assembly
18 - Ø0.75" x 1.20" CRS

Hardware Descriptions

D - 1/2-13UNC x 4" HHB (WZ)
E - 1/2-13UNC x 2" FHB (WZ)
AA - 1/2" SAE Flat Washer (WZ)
BA - 1/2" Nylok Nut (WZ)



STEP b-1



STEP b-2

Step 2d

FRAME ASSEMBLY

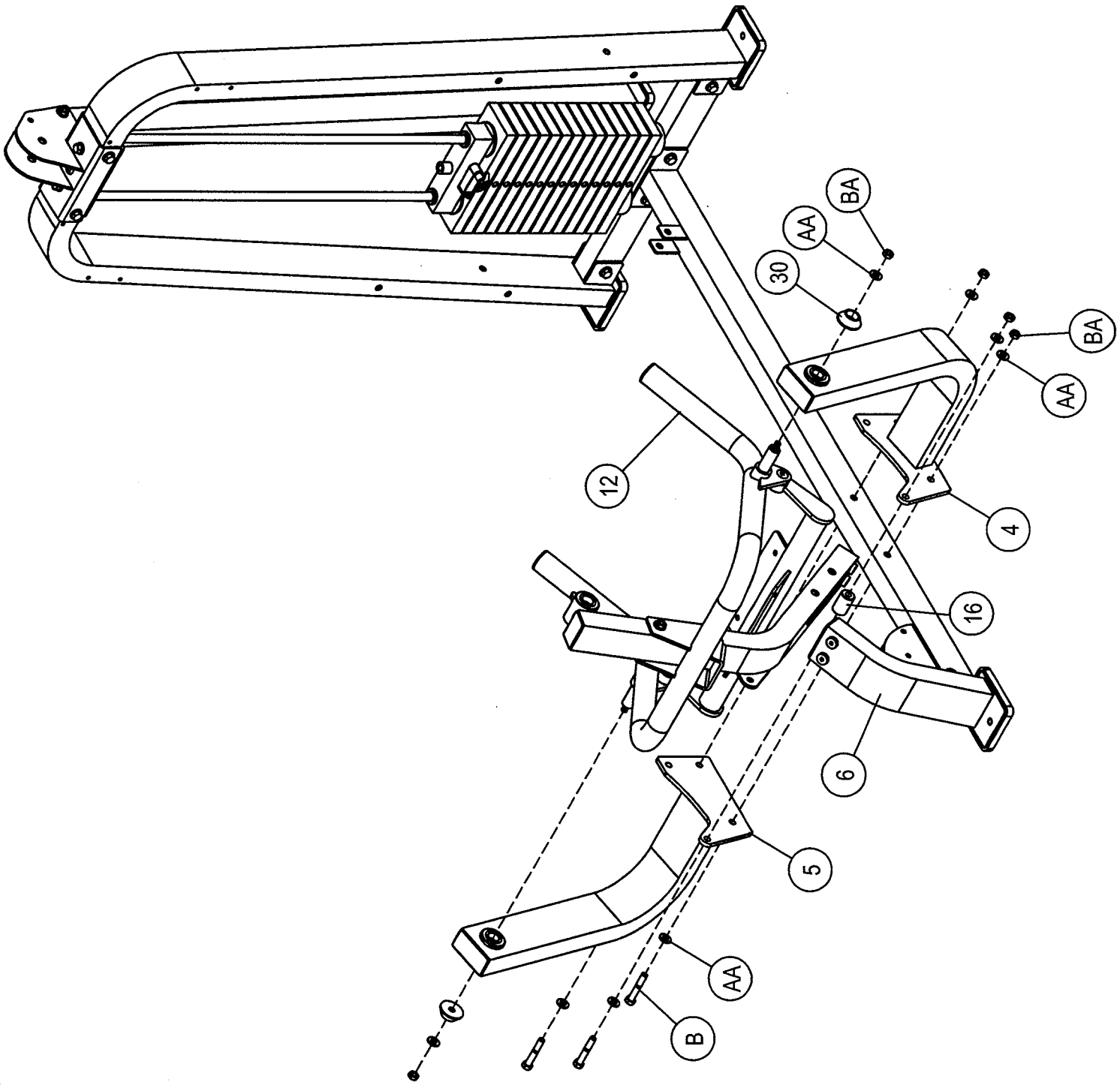
Start assembly by attaching (4), (5), and (12) at the same time. *Wrench tighten bolts*. Next attach (16) in between (4) and (5). *Wrench tighten bolt*. Make sure (12) bottom bumpers are aligned to (16) when (12) pivots to a stop.

Part Descriptions

- 4 - Right Upright Assembly
- 5 - Left Upright Assembly
- 6 - Main Base Assembly
- 12 - Movement Arm Assembly
- 16 - Ø1.25" x 2.00" CRS
- 30 - Aluminum Bolt on Cap

Hardware Descriptions

- B - 1/2-13UNC x 3 1/4" HHB (WZ)
- AA - 1/2" SAE Flat Washer (WZ)
- BA - 1/2" Nylok Nut (WZ)


BA
AA
30
BA
AA
12
4
16
6
5
AA
B

Step 2e

FRAME ASSEMBLY

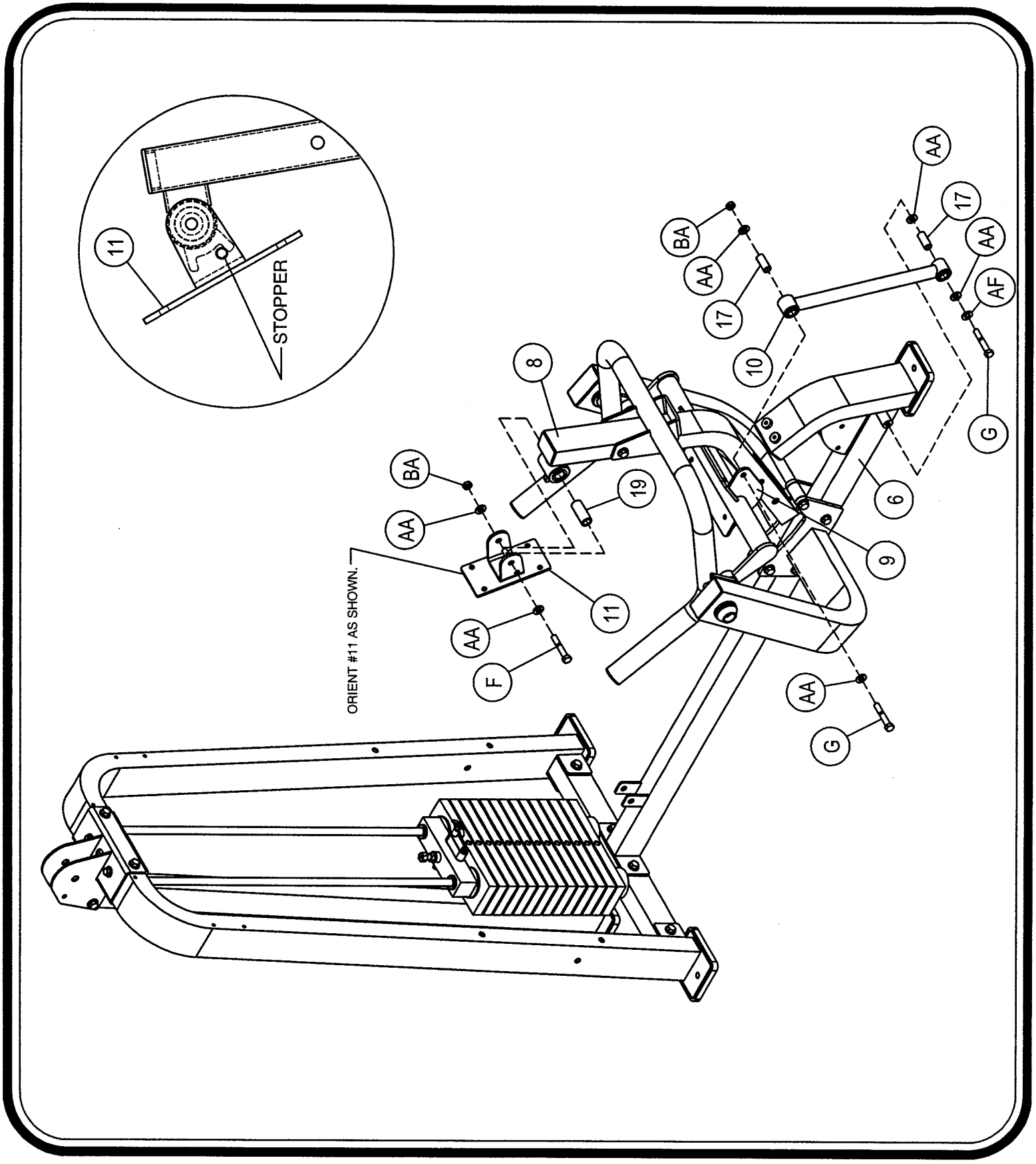
Start assembly by sliding (17)'s into both ends of (10). Next attach (10) to (6) and (9). Wrench tighten bolts then back nut off so (8) and (10) pivots freely. Next slide (19) into (9) and attach (11) to (8). Wrench tighten bolts then back nut off so (11) pivots freely.

Part Descriptions

6 - Main Base Assembly
8 - Upright Back Assembly
9 - Seat Assembly
11 - Back Upholstery Mount Assy.
17 - Ø0.75" x 1.75" CRS
30 - Aluminum Bolt on Cap

Hardware Descriptions

F - 1/2-13UNC x 3 3/4" HHB (WZ)
G - 1/2-13UNC x 2 1/2" HHB (WZ)
AA - 1/2" SAE Flat Washer (WZ)
BA - 1/2" Nylok Nut (WZ)
AF - 1/2" Split Washer (WZ)


11
STOPPER
AA
17
BA
AA
17
AA
AF
10
8
G
BA
19
AA
6
11
9
ORIENT #11 AS SHOWN.
AA
F
AA
G

Step 2f

FRAME ASSEMBLY

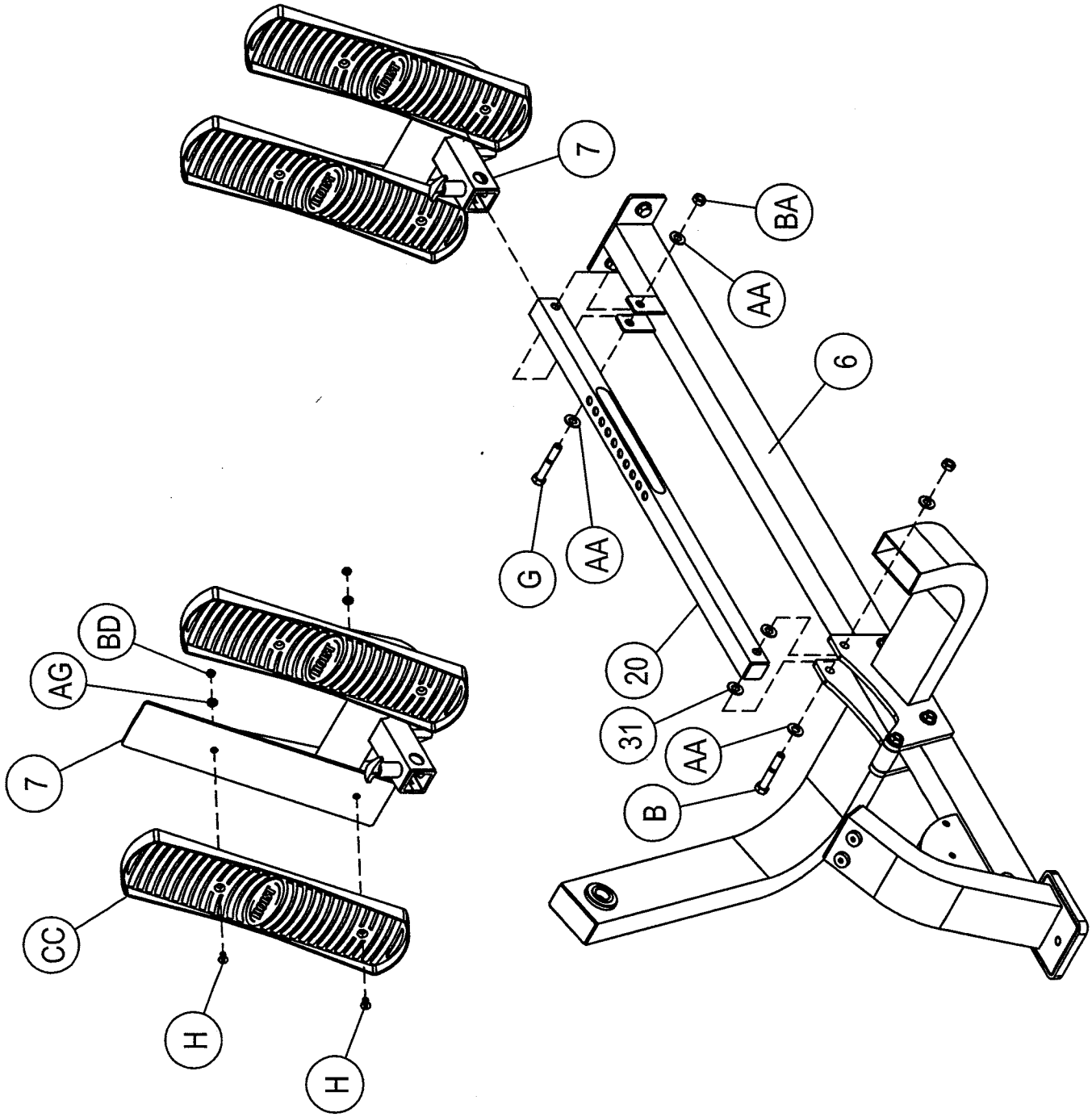
Start assembly by attaching both (CC)'s to (7). *Wrench tighen bolts*. Next slide (7) onto (20) and attach (20) to (6) as shown. *Wrench tighten bolts*.

Part Descriptions

6 - Main Base Assembly
7 - Foot Mount Assembly
20 - Chrome Adjuster
31 - 0.25" x Ø.56" I.D. Aluminum Spacer

Hardware Descriptions

B - 1/2-13UNC x 3 1/4" HHB (WZ)
G - 1/2-13UNC x 2 1/2" HHB (WZ)
H - 5/16-18UNC x 1 1/4" FHB (BZ)
AA - 1/2" SAE Flat Washer (WZ)
AG - 5/16" SAE Flat Washer (BZ)
BA - 1/2" Nylok Nut (WZ)
BD - 5/16" Nylok Nut (BZ)
CC - Large Plastic Footplate


7
BA
AA
6
G
AA
20
31
AA
B
BD
AG
7
CC
H
H

Step 2g

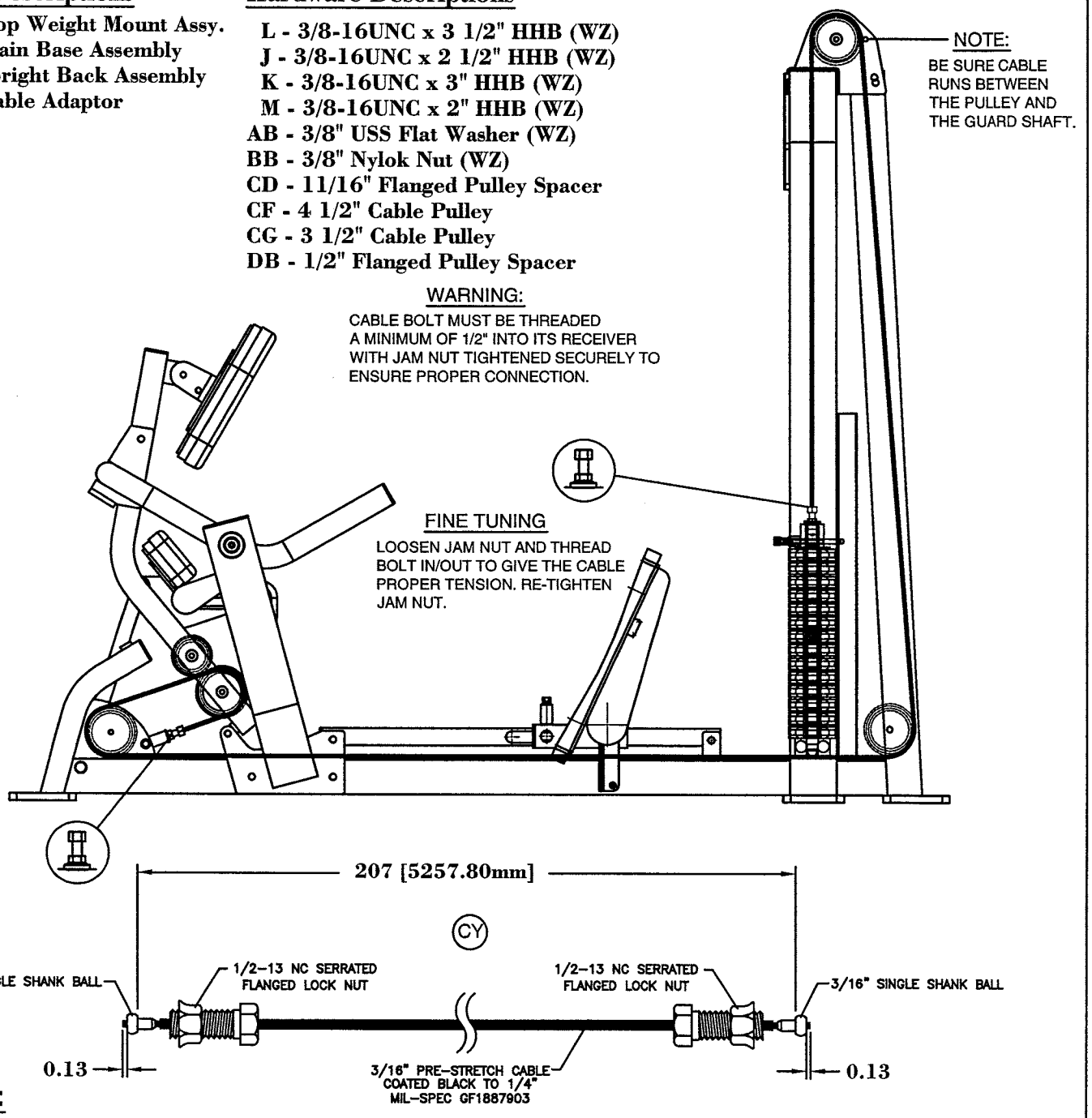
CABLE ASSEMBLY

Part Descriptions

2 - Top Weight Mount Assy.
6 - Main Base Assembly
8 -Upright Back Assembly
29 - Cable Adaptor

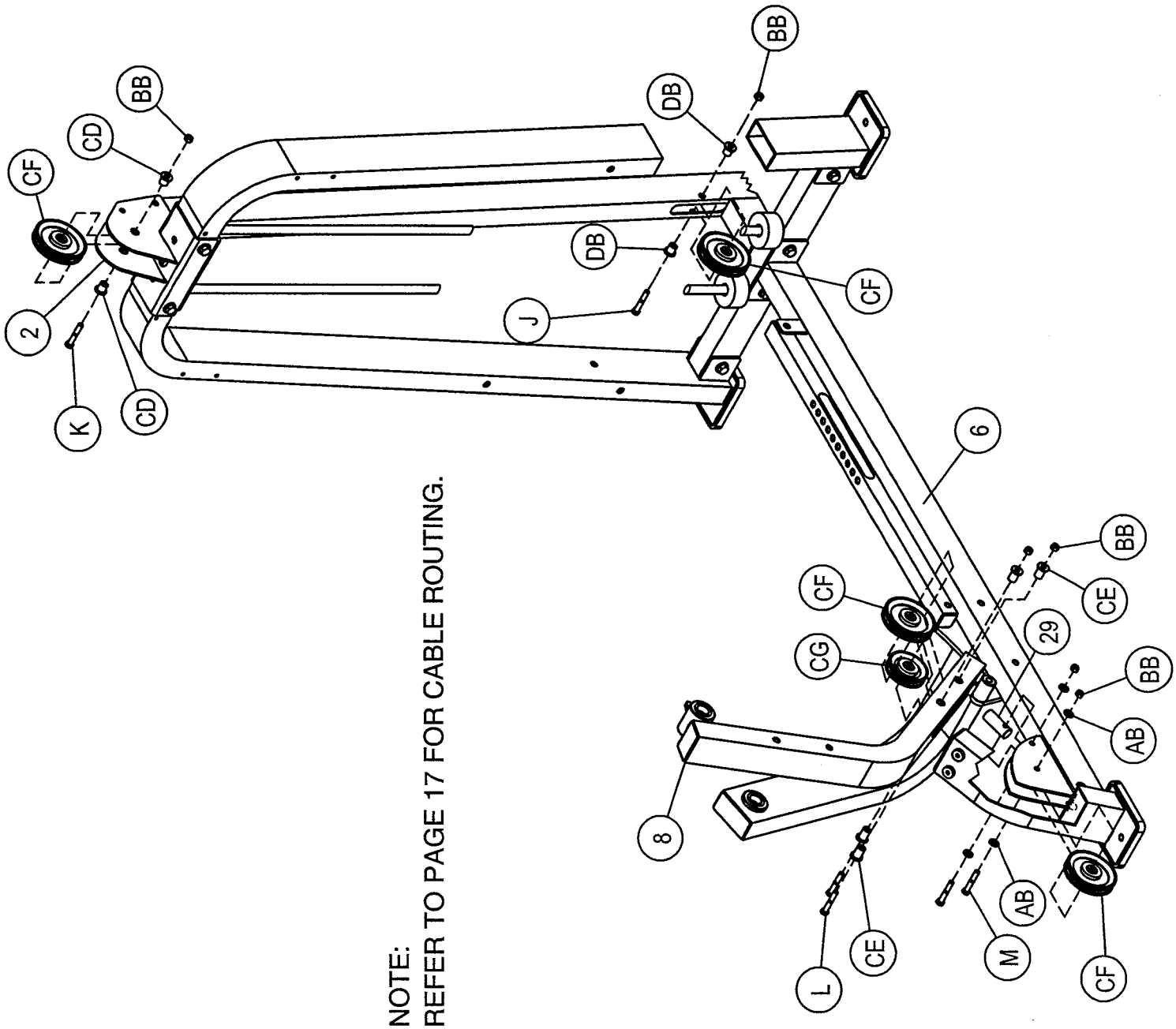
Hardware Descriptions

L - 3/8-16UNC x 3 1/2" HHB (WZ)
J - 3/8-16UNC x 2 1/2" HHB (WZ)
K - 3/8-16UNC x 3" HHB (WZ)
M - 3/8-16UNC x 2" HHB (WZ)
AB - 3/8" USS Flat Washer (WZ)
BB - 3/8" Nylok Nut (WZ)
CD - 11/16" Flanged Pulley Spacer
CF - 4 1/2" Cable Pulley
CG - 3 1/2" Cable Pulley
DB - 1/2" Flanged Pulley Spacer


NOTE:
BE SURE CABLE RUNS BETWEEN THE PULLEY AND THE GUARD SHAFT.
8
WARNING:
CABLE BOLT MUST BE THREADED A MINIMUM OF 1/2" INTO ITS RECEIVER WITH JAM NUT TIGHTENED SECURELY TO ENSURE PROPER CONNECTION.
FINE TUNING
LOOSEN JAM NUT AND THREAD BOLT IN/OUT TO GIVE THE CABLE PROPER TENSION. RE-TIGHTEN JAM NUT.
207 [5257.80mm]
CY
3/16" SINGLE SHANK BALL
1/2-13 NC SERRATED FLANGED LOCK NUT
1/2-13 NC SERRATED FLANGED LOCK NUT
3/16" SINGLE SHANK BALL
0.13
3/16" PRE-STRETCH CABLE COATED BLACK TO 1/4" MIL-SPEC GF1887903
0.13

NOTE:

INSTALL CABLE AND PULLEYS AT THE SAME TIME.



NOTE:
REFER TO PAGE 17 FOR CABLE ROUTING.

Step 2h

FRAME ASSEMBLY

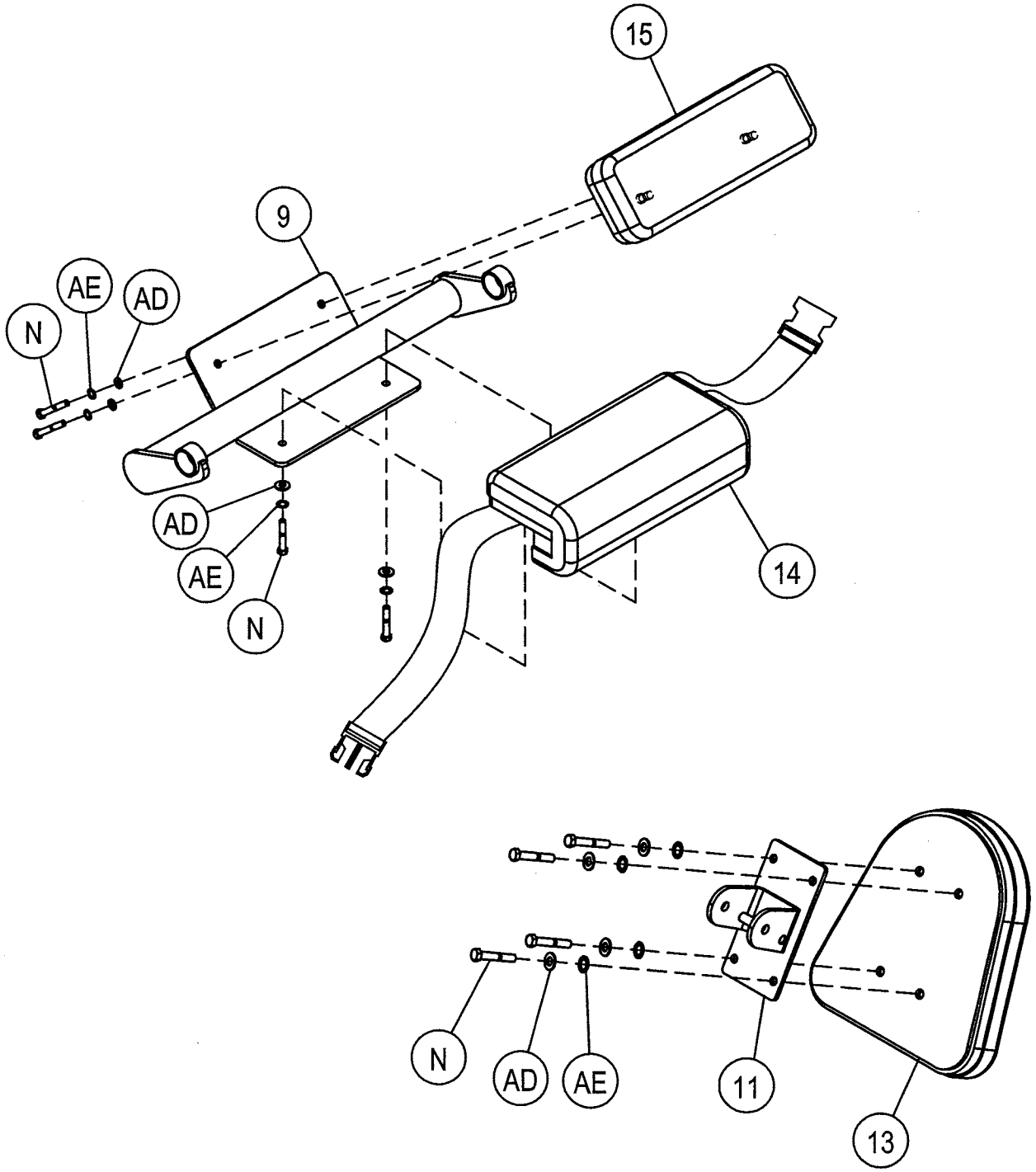
Start assembly by attaching (14) and (15) to (9). *Wrench tighten bolts*. Next attach (11) to (13) and wrench tighten bolts.

Part Descriptions

9 - Seat Assembly
11 - Back Upholstery Mount Assy.
13 - Back Pad Assembly
14 - Seat Pad Assembly

Hardware Descriptions

N - 5/16-18UNC x 1 1/4" HHB (WZ)
AD - 5/16" USS Flat Washer (WZ)
AE - 5/16" Lock Washer (WZ)


15
9
AE
AD
N
AD
AE
N
14
N
AD
AE
11
13

Step 2i

FRAME ASSEMBLY

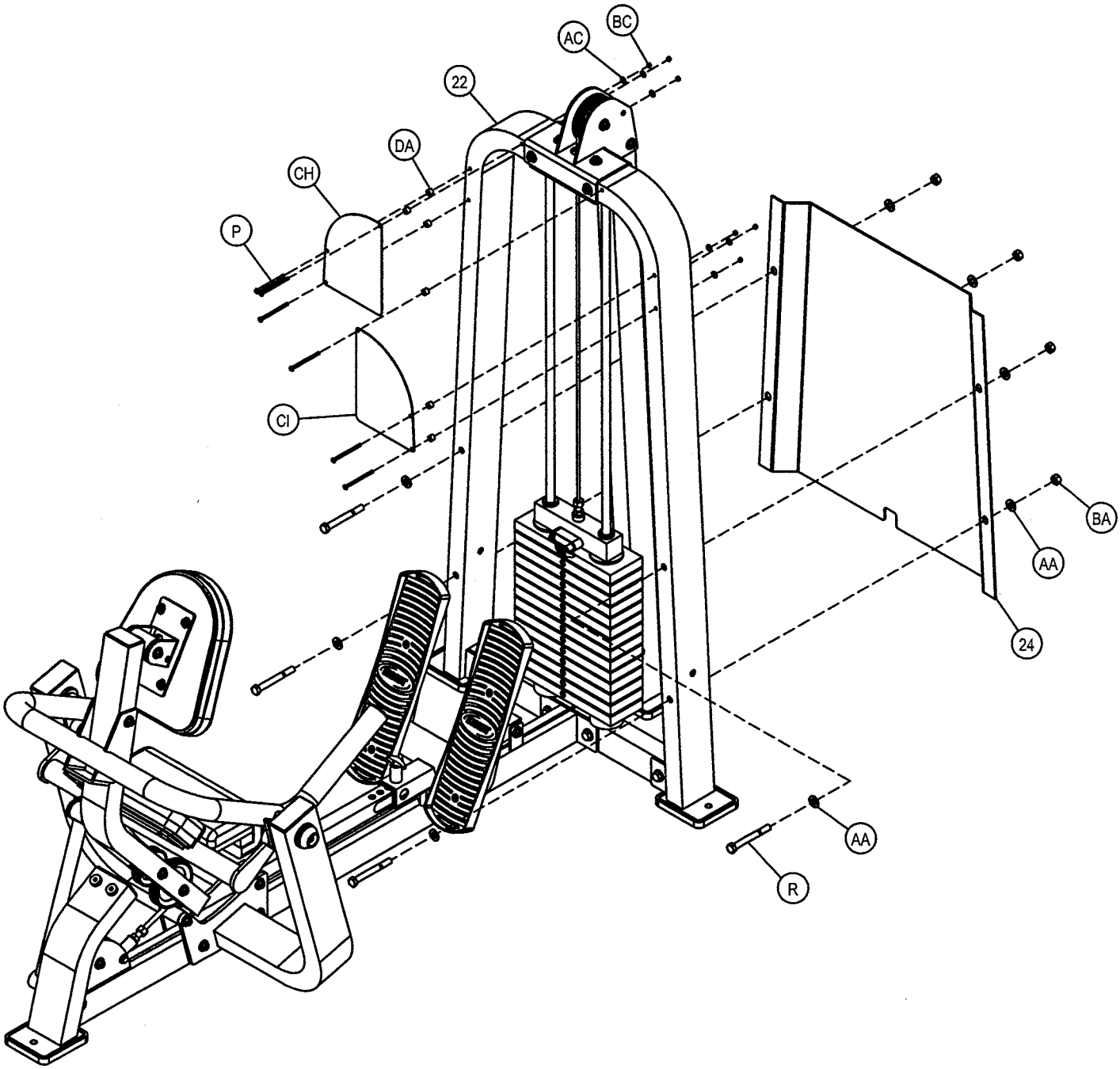
Attach (24), (CH), and (CI) to (22)'s as shown. *Wrench tighten bolts*.

Part Descriptions

22 - Weight Frame Upright
24 - (SSH189) Shield

Hardware Descriptions

P - 1/4-20UNC x 5" BHB (WZ)
R - 1/2-13UNC x 4 1/2" HHB (WZ)
AA - 1/2" SAE Flat Washer (WZ)
AC - 1/4" USS Flat Washer (WZ)
BA - 1/2" Nylok Nut (WZ)
BC - 1/4" Nylok Nut (WZ)
CH - Left Placard
CI - Right Placard
DA - Spacer


BC
AC
22
DA
CH
P
CI
BA
AA
24
AA
R

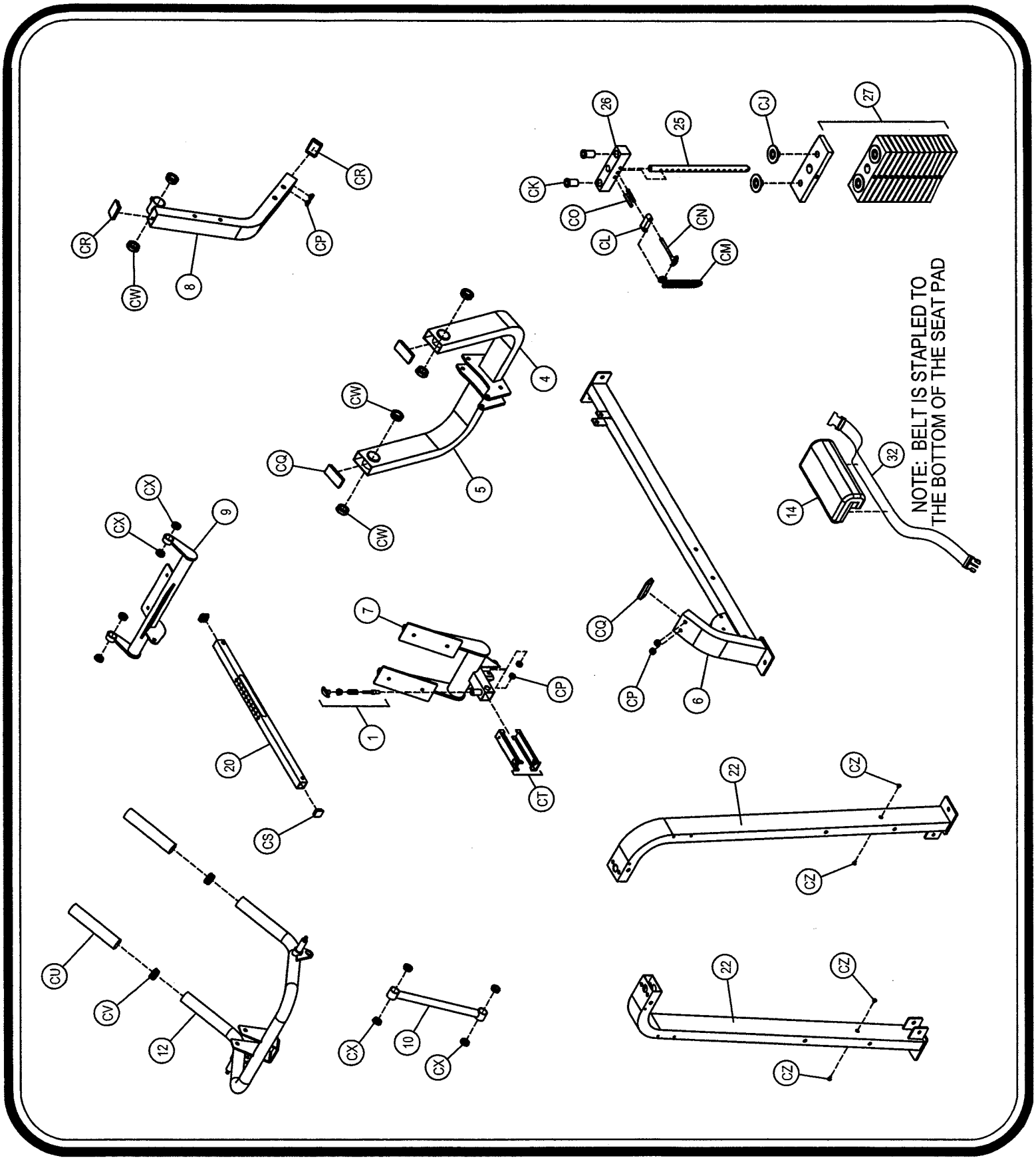
PRE-ASSEMBLY

Part Descriptions

1 - 1/2" Short Pullpin (Hex Head) Assy.
4 - Right Upright Assembly
5 - Left Upright Assembly
6 - Main Assembly
7 - Foot Mount Assembly
8 - Upright Back Assembly
9 - Seat Assembly
10 - Linkage Assembly
12 - Movement Arm Assembly
14 - Seat Pad Assembly
20 - Chrome Adjuster
22 - Weight Frame Upright
25 - 16 Hole Weight Stem
26 - 8.25lbs. Top Weight
32 - Seat Belt

Hardware Descriptions

CJ - Intermediate Weight Bushing
CK - Guide Rod Bushing
CL - Lanyard/Selector Pin Stand Off
CM - Lanyard Coil
CN - Selector Pin
CO - Ø7/16" x 2 3/4" Roll Pin
CP - Plug Bumper
CQ - 2" x 4" Flat End Cap
CR - 2" x 3" Elliptical End Cap
CS - 1 1/2" x 1 1/2" End Cap
CT - Glide Sleeve
CU - Ø1.96" I.D. x 8.00" lg. Closed End Grip
CV - Ø2.00" End Cap
CW - Ø1.00" Flanged Ball Bearing
CX - Ø0.75" Flanged Ball Bearing


NOTE: BELT IS STAPLED TO
THE BOTTOM OF THE SEAT PAD

PART LISTING

Key#	Qty.	Part Number	Description
1	1	026-01X0185	1/2" Short Pullpin (Hex Head) Assy.
2	1	026-01X0866	Top Weight Mount Assembly
3	1	026-01X0865	Rear Upright Assembly
4	1	026-01X1444	Right Upright Assembly
5	1	026-01X1445	Left Upright Assembly
6	1	026-01X1446	Main Base Assembly
7	1	026-01X1447	Foot Mount Assembly
8	1	026-01X1448	Upright Back Assembly
9	1	026-01X1449	Seat Assembly
10	1	026-01X1450	Linkage Assembly
11	1	026-01X1451	Back Upholstery Mount Assy.
12	1	026-01X1452	Movement Arm Assembly
13	1	022-01PD0108-A	Back Pad Assembly
14	1	022-01PD0109	Seat Pad Assembly
15	1	022-01PD0110	Low Back Seat Pad Assy.
16	2	026-01M0779	Ø1.25" x 2.00" CRS
17	1	026-01M0772	Ø0.75" x 1.75" CRS
18	2	026-01M0773	Ø0.75" x 1.20" CRS
19	1	026-01M0729	Ø1.00" x 2.78" lg.
20	1	026-01T1451	Chrome Adjuster
21	1	026-01P0819	Guide Rod Top Mount
22	2	026-01X0864	Weight Frame Upright
23	1	026-01T0545	Cross Brace Assembly
24	1	020-1100089	(SSH189) Shield
25	1	026-01W0111	16 Hole Weight Stem
26	1	026-1300034	8.25 lbs. Top Weight
27	15	026-01W0101	12.50 lbs. Intermediate Weight Plate
28	2	026-01G0159	Ø0.75" x 60.69" Guide Rod
29	1	026-01M0586	Cable Adaptor
30	2	026-01M0519	Aluminum Bolt on Cap
31	2	026-01M0781	.25" x Ø.56" I.D. Aluminum Spacer
32	1	026-01X1601	Seat Belt Assembly

HARDWARE LISTING

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

Key#	Qty.	Part Number	Description
A	1	011-0407016	1/2-13UNC x 3" HHB (WZ)
B	6	011-0407036	1/2-13UNC x 3 1/4" HHB (WZ)
C	2	011-0311012	5/16-18UNC x 5/16 Socket Set Screw (WZ)
D	2	011-0101070	1/2-13UNC x 4" HHB (WZ)
E	2	011-0102025	1/2-13UNC x 2" FHB (WZ)
F	1	011-0407019	1/2-13UNC x 3 3/4" HHB (WZ)
G	3	011-0407018	1/2-13UNC x 2 1/2" HHB (WZ)
H	4	011-0303010	5/16-18UNC x 1 1/4" FHB (BZ)
J	1	011-0107009	3/8-16UNC x 2 1/2" HHB (WZ)
K	1	011-0407026	3/8-16UNC x 3" HHB (WZ)
L	2	011-0107051	3/8-16UNC x 3 1/2" HHB (WZ)
M	2	011-0107052	3/8-16UNC x 2" HHB (WZ)
N	8	011-0407029	5/16-18UNC x 1 1/4" HHB (WZ)
P	7	011-0101074	1/4-20UNC x 5" BHB (WZ)
Q	2	011-0107042	1/2-13UNC x 4 3/4" HHB (WZ)
R	4	011-0207030	1/2-13UNC x 4 1/2" HHB (WZ)
AA	49	013-0102003	1/2" SAE Flat Washer (WZ)
AB	4	013-0402005	3/8" USS Flat Washer (WZ)
AC	6	013-0006006	1/4" USS Flat Washer (WZ)
AD	8	013-0102004	5/16" USS Flat Washer (WZ)
AE	8	013-0102021	5/16" Internal Tooth Lock Washer (WZ)
AF	1	013-0102018	1/2" Split Washer (WZ)
AG	4	013-0202003	5/16 SAE Flat Washer (BZ)
BA	26	012-0304011	1/2" Nylok Nut (WZ)
BB	6	012-0104008	3/8" Nylok Nut (WZ)
BC	6	012-0104009	1/4" Nylok Nut (WZ)
BD	4	012-0004005	5/16" Nylok Nut (BZ)
CA	4	026-01PL195	Rubber Foot Plate
CB	2	019-0001005	Weight Stack Bumper
CC	2	026-01PL344	Large Plastic Foot Plate
CD	2	026-01M0532	11/16" Flanged Pulley Spacer
CE	4	026-01M0551	1" Flanged Pulley Spacer
CF	4	018-0001003	4 1/2" Cable Pulley
CG	1	018-0001002	3 1/2" Cable Pulley
CH	1	021-0013140	Left Placard
CI	1	021-0013141	Right Placard
CJ	30	026-01W0122	Intermediate Weight Bushing
CK	2	026-01PL134	Guide Rod Bushing
CL	1	026-01PL291	Lanyard/Selector Pin Stand off
CM	1	010-0008001	Lanyard Coil
CN	1	026-01M0134	Selector Pin
CO	2	030-030310	Ø7/16" x 2 3/4" Roll Pin
CP	6	019-0001001	Plug Bumper
CQ	2	06-0192	2" x 4" Flat End Cap
CR	2	06-0193	2" x 3" Elliptical End Cap
CS	2	016-0001001	1 1/2" x 1 1/2" End Cap
CT	2	026-01PL125	Glide Sleeve
CU	2	026-01PL372	Ø1.96" I.D. x 8.00" lg. Closed End Grip
CV	2	016-0201017	Ø2.00" End Cap
CW	6	014-0009007	Ø1.00" Flanged Ball Bearing
CX	8	014-0005001	Ø0.75" Flanged Ball Bearing
CY	1	026-01SC277T	207" lg. Cable
CZ	4	26-STD-06-0329	Plug
DA	6	026-01PL290	Spacer
DB	2	026-01M760	1/2" Flanged Pulley Spacer

ABBREVIATION LISTING

BZ = Black Zinc

WZ = White Zinc

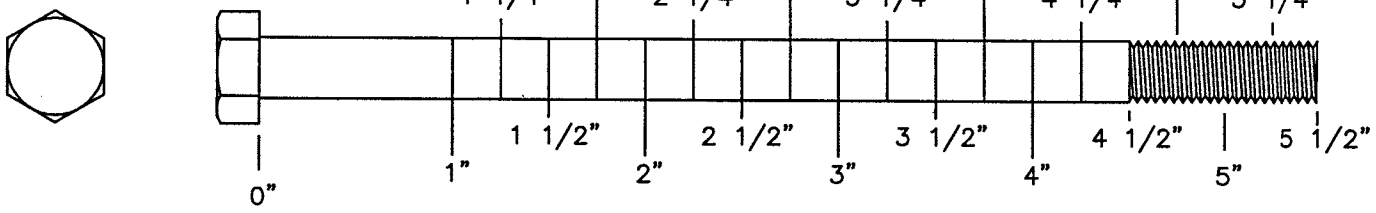
FHS = Flat Head Screw

BHS = Button Head Screw

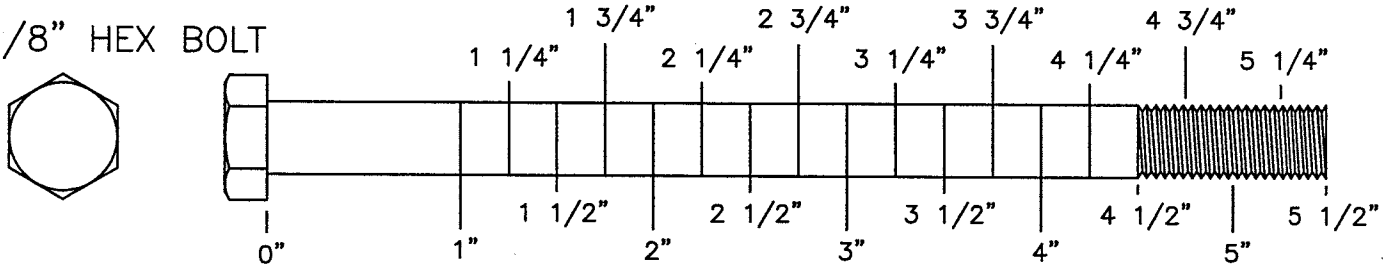
SHS = Socket Head Screw

HHB = Hex Head Bolt

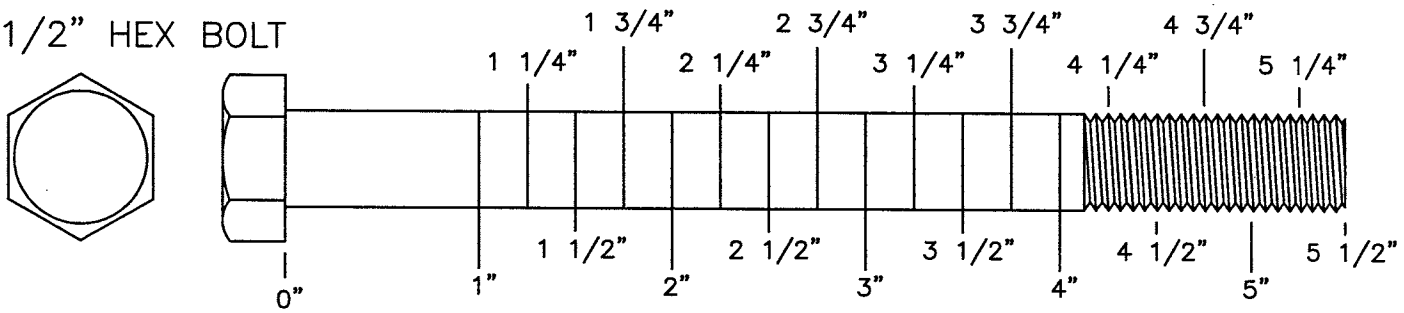
5/16" HEX BOLT



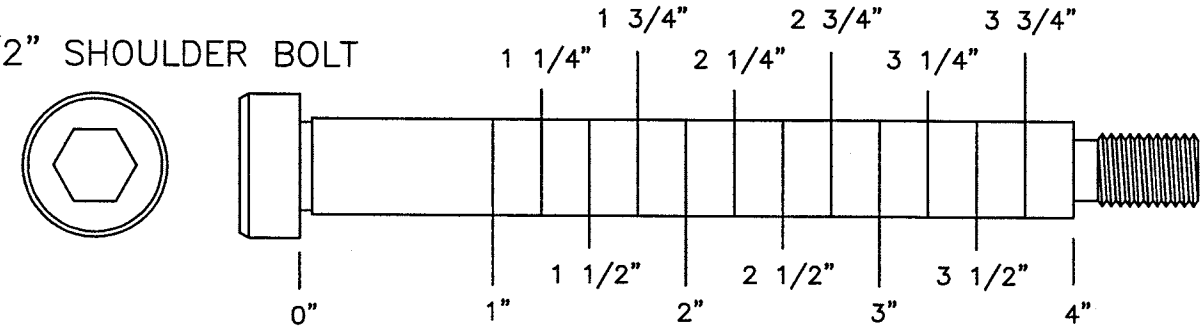
3/8" HEX BOLT



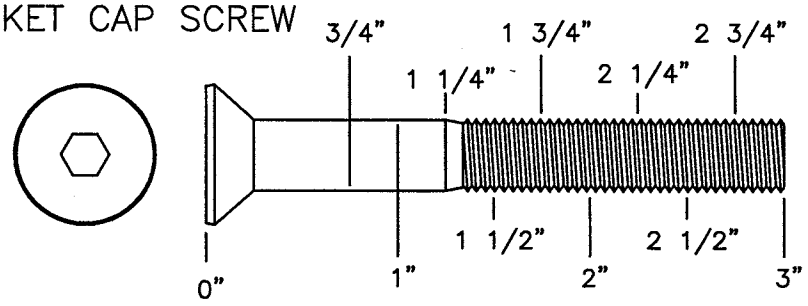
1/2" HEX BOLT



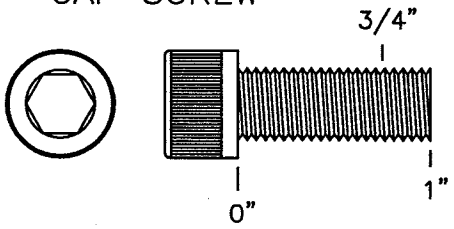
1/2" SHOULDER BOLT



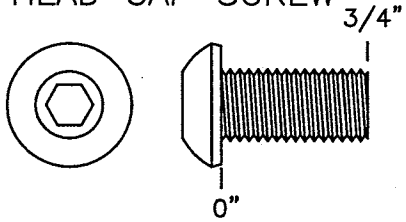
3/8" FLATHEAD
SOCKET CAP SCREW



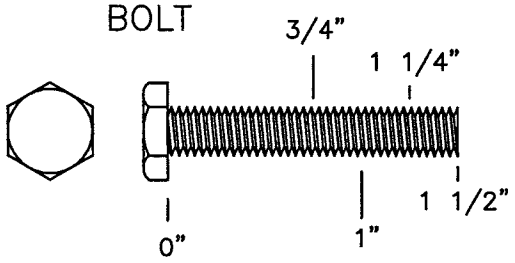
3/8" SOCKET
CAP SCREW



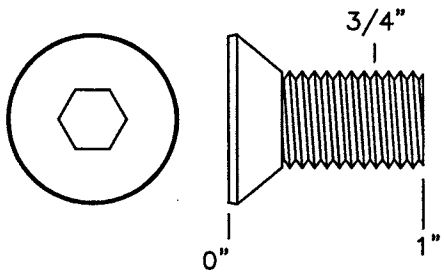
3/8" BUTTON
HEAD CAP SCREW



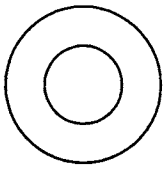
1/4" HEX
BOLT



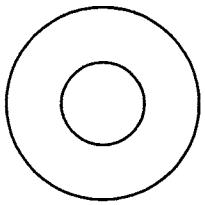
1/2" FLATHEAD
SOCKET CAP SCREW



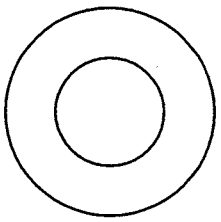
5/16"
FLAT WASHER
LARGE, USS, 25mm



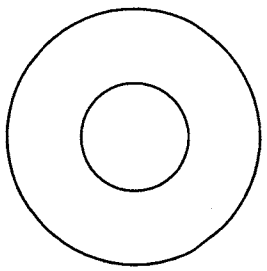
3/8"
FLAT
WASHER



1/2"
FLAT WASHER
SMALL, SAE, 26mm

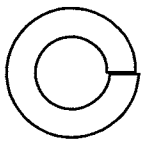


1/2"
FLAT WASHER
LARGE, USS, 34mm

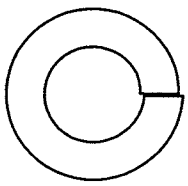


1/4"
LOCK WASHER

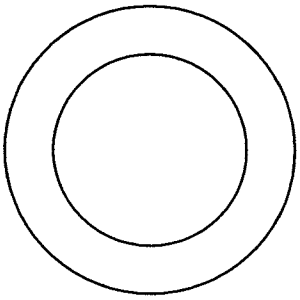
3/8"
LOCK WASHER



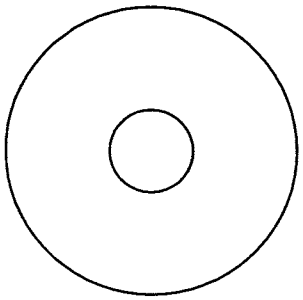
1/2"
LOCK WASHER



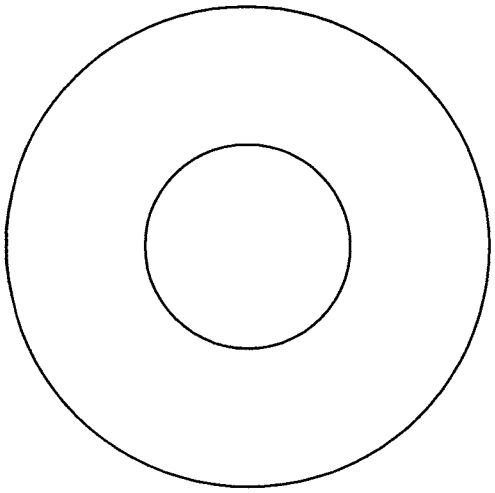
1" SHIM WASHER



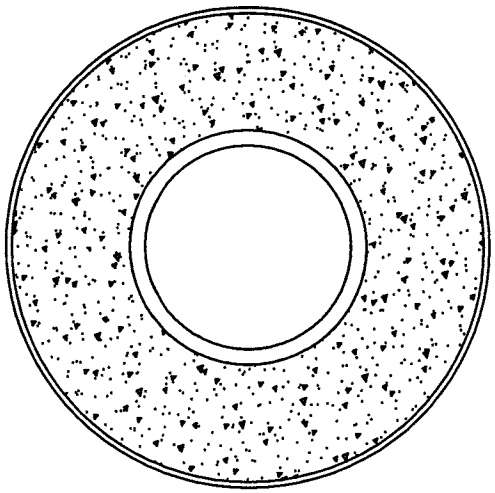
3/8" FENDER WASHER



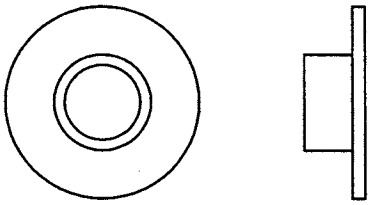
1 1/16"
FENDER WASHER



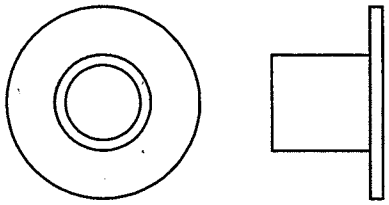
PLASTIC 1 1/16"
FENDER WASHER



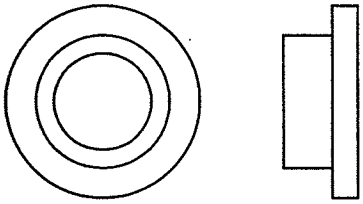
1/4" LONG
FLANGED SPACER



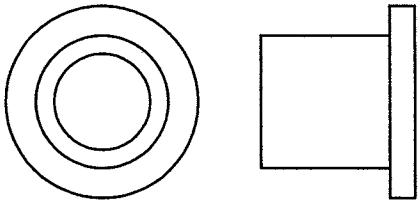
1/2" LONG
FLANGED SPACER



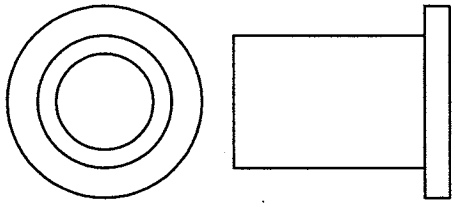
1/4" LONG HEAVY
FLANGED SPACER



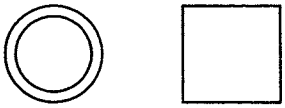
11/16" LONG HEAVY
FLANGED SPACER



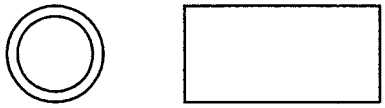
1" LONG HEAVY
FLANGED SPACER



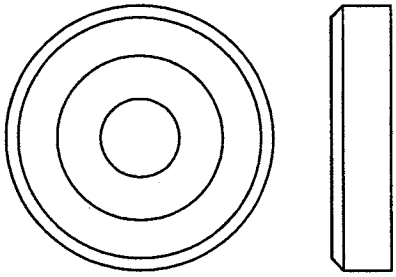
1/2" LONG
SPACER



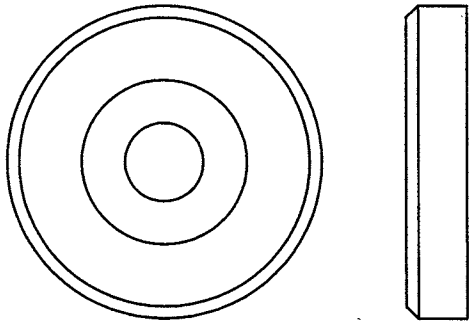
1" LONG
SPACER



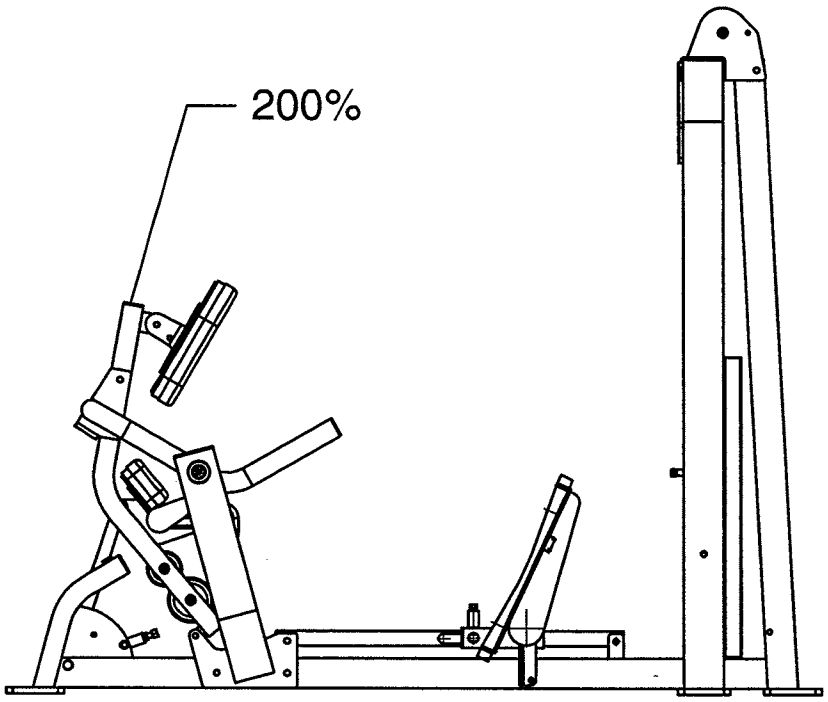
1 3/8" ALUMINUM
FLATHEAD CAP



1 5/8" ALUMINUM
FLATHEAD CAP



WEIGHT RATIOS



SELECTED WEIGHT (Lbs)		ACTUAL WEIGHT LIFTED (Lbs)
12	(12) 1	24
25	(12 1/2) 2	50
38	12 1/2) 3	76
50	(12 1/2) 4	100
62	(12 1/2) 5	124
75	(12 1/2) 6	150
87	(12 1/2) 7	174
100	(12 1/2) 8	200
112	(12 1/2) 9	224
125	(12 1/2) 10	250
137	(12 1/2) 11	274
150	(12 1/2) 12	300
162	(12 1/2) 13	324
175	(12 1/2) 14	350
187	(12 1/2) 15	374
200	(12 1/2) 16	400

The above chart shows the standard weight stack for this unit. The weights listed are approximate and have been rounded off to the nearest poind. To find the actual weight you are lifting you would come down from the ratio being used and across from the number of the weight plate you have pinned. Hoist reserves the right to modify the weight stack from the one shown without prior notice.

WEIGHT TRAINING TIPS

Always consult your physician before starting any exercise program.

Hoist equipment is designed to maximize your time spent working out. Having an exercise routine planned out in advance will allow you to get the most benefit out of the time spent exercising, and will also enable you to work all the major muscle groups.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

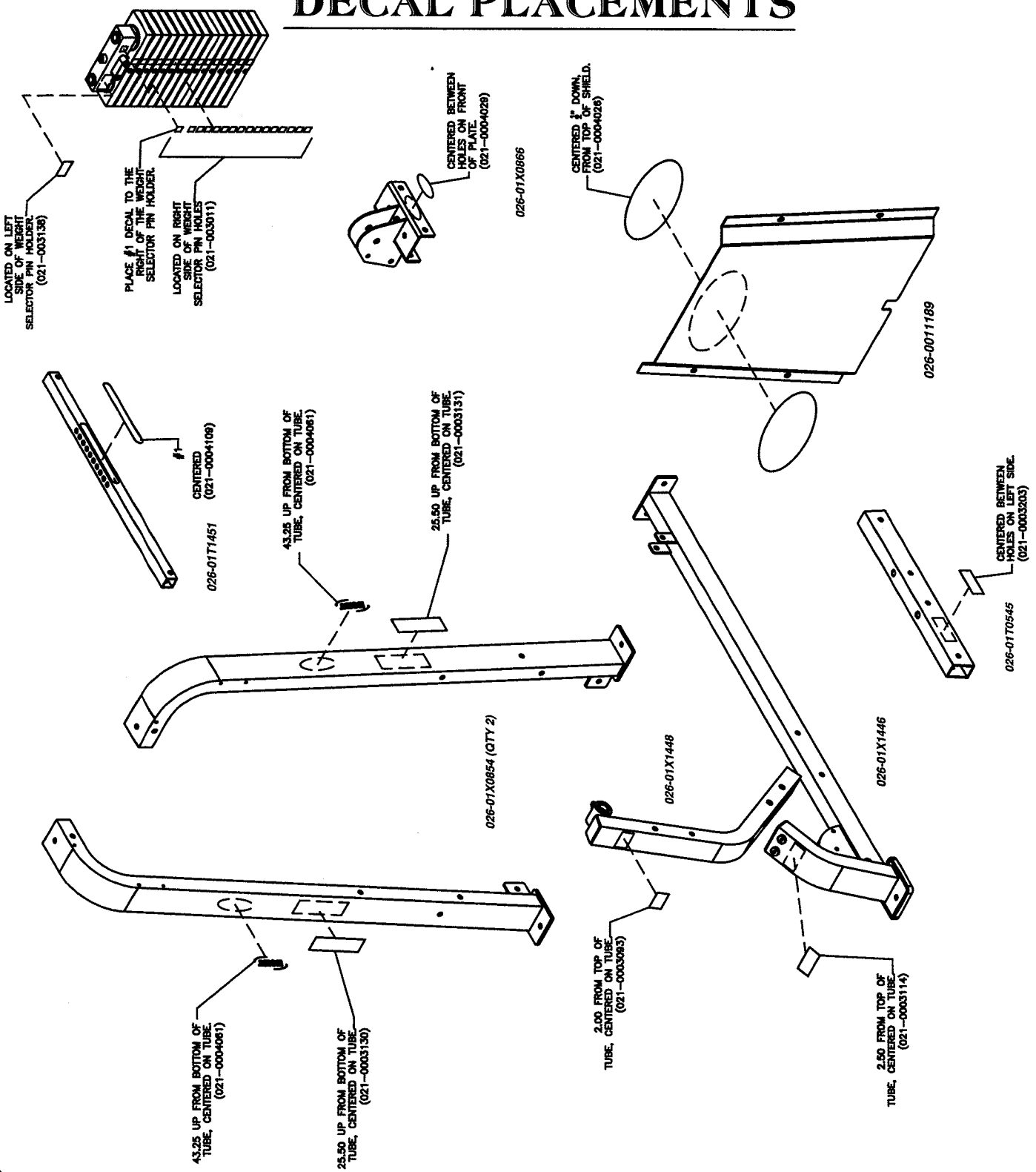
Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

WEIGHT TRAINING EXERCISE LOG

S = Sets R = Repetition per set W = Weight used

| Exercise | Date | | |

DECAL PLACEMENTS

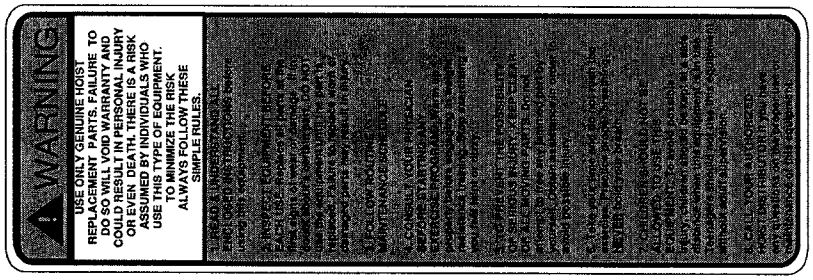

LOCATED ON LEFT SIDE OF WEIGHT SELECTOR PIN HOLDER. (021-0031136)
PLACE #1 DECAL TO THE RIGHT OF THE WEIGHT SELECTOR PIN HOLDER.
LOCATED ON RIGHT SIDE OF WEIGHT SELECTOR PIN HOLES (021-003011)
CENTERED BETWEEN HOLES ON FRONT OF PLATE. (021-0004029)
026-01X0866
CENTERED 3" DOWN, FROM TOP OF SHIELD. (021-0004028)
026-0011189
#1
CENTERED (021-0004109)
026-0171451
43.25 UP FROM BOTTOM OF TUBE, CENTERED ON TUBE. (021-0004061)
25.50 UP FROM BOTTOM OF TUBE, CENTERED ON TUBE. (021-0003131)
026-01X0854 (QTY 2)
CENTERED BETWEEN HOLES ON LEFT SIDE. (021-0003203)
026-0170545
026-01X1448
026-01X1446
2.00 FROM TOP OF TUBE, CENTERED ON TUBE (021-0003083)
2.50 FROM TOP OF TUBE, CENTERED ON TUBE (021-0003114)
43.25 UP FROM BOTTOM OF TUBE, CENTERED ON TUBE. (021-0004061)
25.50 UP FROM BOTTOM OF TUBE, CENTERED ON TUBE (021-0003130)

DECAL REFERENCE

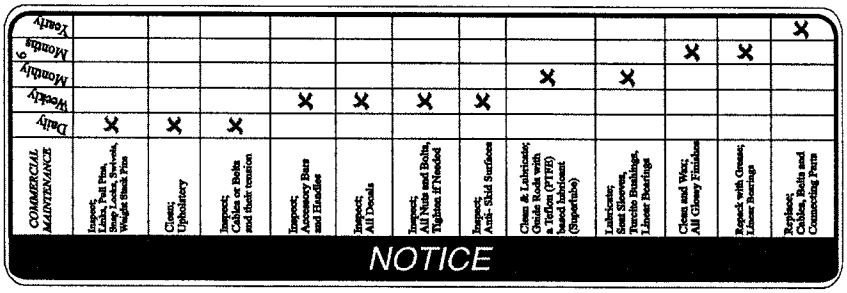
021-0004061

021-0003093

021-0003203


WARNING
USE ONLY GENUINE HOIST REPLACEMENT PARTS. FAILURE TO DO SO WILL VOID WARRANTY AND COULD RESULT IN PERSONAL INJURY OR EVEN DEATH. THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE THE RISK ALWAYS FOLLOW THESE SIMPLE RULES.

021-0003130


COMMERCIAL MAINTENANCE
Daily
Weekly
Monthly
6 Months
Yearly
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins
Clean; Upholstery
Inspect; Cables and Belts for proper tension
Inspect; Accessory Bars and Handles
Inspect; All Decals
Inspect; All Nuts and Bolts, Tighten if Needed
Inspect; Anti- Skid Surfaces
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearings
Clean and Wax; All Glossy Finishes
Repack with Grease; Linear Bearings
Replace; Cables, Belts and Connecting Parts
NOTICE

021-0003131

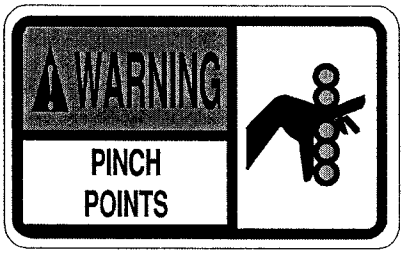
DECAL REFERENCE

HOIST®

021-0004026

HOIST®

021-0004029



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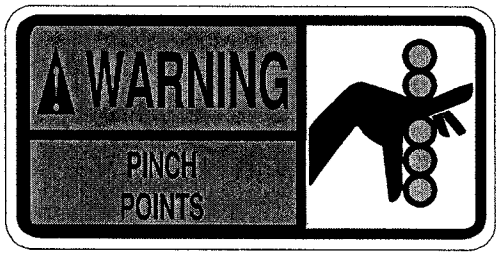
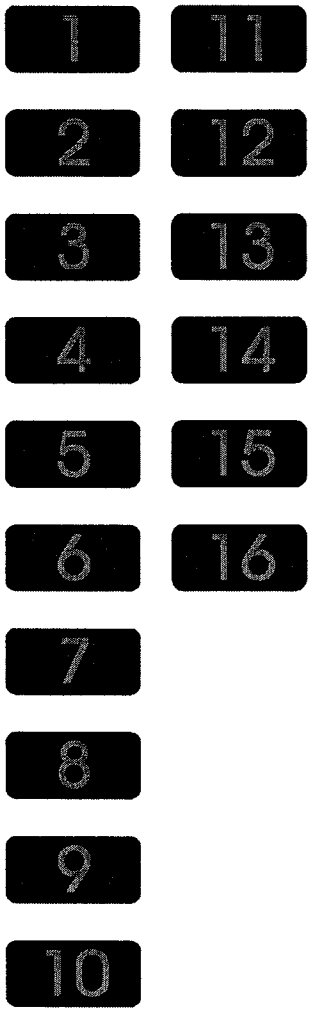


021-0003114

DECAL REFERENCE

021-0004109



021-0003011

MAINTENANCE SCHEDULE

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY								
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY									
Clean; Upholstery	DAILY	WEEKLY									
Inspect; Cables or Belts and their tension	DAILY	WEEKLY									
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS									
Inspect; All Decals	WEEKLY	3 MONTHS									
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS									
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS									
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS									
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS									
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY									
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY									
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS									

Your equipment comes with a commercial maintenance decal.
For personal, in home use, please follow the home maintenance schedule listed above.

HOIST FITNESS SYSTEMS
GENERAL MAINTENANCE INFORMATION

Links, Pull-Pins, Snap Locks, Swivels, Weight Stack Pins:

**Check all pieces for signs of visible wear or damage.*

**Check springs in snap hooks and pull-pins for proper tension and alignment.*

**If the spring sticks or has lost its rigidity, replace it immediately.*

Upholstery:

**To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.*

**Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.*

**Replace ripped or warn upholstery immediately.*

**Keep sharp or pointed objects clear of all upholstery.*

Guide Rods:

**Wipe clean with a dust free rag. Lubricate once a week with a Silicon or Teflon based lubricant.*

Decals:

**Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.*

Nuts and Bolts:

**Inspect all nuts and bolts for any loosening and tighten if needed.*

**Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.*

Anti-Skid Surfaces:

**These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.*

Belts and Cables:

**Hoist uses only high quality belt, and mil-spec cables.*

**Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.*

**While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.*

**Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables has been replaced.*

GENERAL MAINTENANCE INFORMATION
(CONTINUED)

Belt and Cable Tension:

**Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.*

**Check slack in cables and re-adjust cable tension if needed.*

Seat Sleeves, Turcite Bushings:

**Wipe down adjusting tubes with a dust free rag before applying lubricant.*

**Lubricate seat sleeves and turcite bushings with a Silicon or Teflon based lubricant spray.*

Linear Bearings:

**Referring to the Owners Manual carefully dis-assemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.*

PLEASE KEEP THIS FOR YOUR RECORDS

HOIST FITNESS SYSTEMS
LIMITED LIFETIME WARRANTY

Hoist Fitness Systems warrants this product to the **original purchaser** to be free from defects in workmanship and/or materials under normal use or service. If at any time a component part is defective, Hoist Fitness Systems shall repair or replace it (at Hoist Fitness Systems option) within a reasonable period of time. This warranty does not cover costs of removal. transportation or reinstallation. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear.

Starting from the original date of purchase, normal wear and tear shall be considered as the following:

COMMERCIAL USE: All malfunctions of upholstery, grips, paint, and chrome that occur after 180 days; all malfunctions of electronic components, belts, or cables after one year; all malfunctions of pulleys, bearings, or bushings that occur after five years. The frame and all welded components are warranted for the life of the product.

HOME USE: All malfunctions of grips, paint, and chrome that occur after one year; all malfunctions of electronic components, belts, cables, or upholstery that occur after three years; all malfunctions of pulleys, bearings, or bushings that occur after five years. The frame and all welded components are warranted for the life of the product.

Hoist Fitness Systems sole responsibility shall be to repair or replace the component within the terms stated above. Hoist Fitness Systems shall not be liable for any loss or damage of any kind including any incidental or consequential damages resulting, directly or indirectly from any warranty expressed or implied or any other failure of this product.

WHAT IS NOT COVERED BY THIS WARRANTY

Hoist's sole obligation under this warranty is limited to either repair or replacement of parts, subject to the additions below. This warranty neither assumes nor authorizes any person to assume obligations other than expressly covered by this warranty.

NO CONSEQUENTIAL DAMAGES. Hoist is not responsible for economic loss; profit loss; or special, indirect, or consequential damages.

WARRANTY IS NOT TRANSFERABLE. This warranty is not assignable and applies only in favor of the original purchaser/user to whom delivered. Any such assignment or transfer shall void the warranties herein made and shall void all warranties, expressed, implied or statutory, except the one (1) and five (5) year warranties described above. These warranties are exclusive and in lieu of all other warranties, including implied warranty and merchantability or fitness for a particular purpose. There are no warranties which extend beyond the description on the face hereof.

ALTERATION, NEGLECT, ABUSE, MISUSE, NORMAL WEAR & TEAR, ACCIDENT, DAMAGE DURING TRANSIT OR INSTALLATION FIRE, FLOOD, ACTS OF GOD. Hoist is not responsible for the repair or replacement of any parts that Hoist determines have been subjected after the date of manufacture to alteration, neglect, abuse, misuse, normal wear & tear, accident, damage during transit or installation, fire, flood, or an **ACT OF GOD**.

TRANSPORTATION COSTS. Hoist will accept parts covered under this warranty freight collect, provided that shipment has received prior approval. Hoist is not responsible for any other transportation costs, but will ship freight collect parts either repaired or replaced under these warranties.

WARRANTY CLAIMS. All claims should include: model number, the serial number, proof of purchase, date of installation, and all pertinent information supporting the existence of the alleged defect.

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PLEASE KEEP THIS FOR YOUR RECORDS